ON TRANSSEXUALITY

I’m not here to make 41% jokes. And I acknowledge the distinction between gender and sex. **Sex** is a biological classification. **Gender** is a social/behavioral role. **Dysphoria** is psychological suffering from incongruity.

I want people with this condition to be treated kindly. I’m also not here to make a Parmenides argument that change doesn’t exist, and to have a Matt Walsh moment, asking “How can a man turn into a woman?”. I understand that socially transitioning works, and that if you are recognized as a woman, you are one. Similar to how adoptive parents are legally and socially recognized as the child’s parents.

Dysphoria arises from civilizational alienation, our technologically induced oversocialization, and our internalized messaging. Media floods reward natural variance (e.g., tomboy traits) with alien scripts, hijacking identity via dopamine loops—turning play into 'proof' of wrongness. That tomboy character that gets bullied by the popular, more feminine presenting girls? That feminine boy character who gets beat up by a more stereotypically masculine guy? Even characters in media, trying to define who they are, in mere adjectives that could never encapsulate the depth of a real person.

Dysphoria is not an intrinsic identity conflict; it’s socially generated alienation. Gender dysphoria is caused, mainly, by deeply internalizing mainstream societal messaging (oversocialization) about men and women, which is why trans people will say “I always knew I was meant to be a boy, because I played only with trucks as a child!”. This comes from all the media they consume, and causes feeling different from others. This is in addition to the regular alienation civilization causes from people’s bodies, because gender roles are required for civilization to exist.

Social progressives claim dysphoria can appear regardless of culture or media, so it’s about *embodied identity*, not conditioning. This is incorrect. For them, someone could grow up with zero exposure to strict gender roles and still feel dysphoric. But in reality, that’s impossible — the self-alienation presupposes civilization’s mediation.

I understand what causes somebody to be trans. However, the choice to physically alter your body and change the way you look to alter your social role has no real philosophical ground to stand on.

Gender dysphoria is seen as inherently bad, and should be gotten rid of at any cost, because discomfort is seen as inherently bad. This is a mistake. You need to embrace discomfort to become a stronger, healthier person. It’s not that pain is morally good, it’s that it’s a useful tool to become stronger and healthier.

As a tomboy, I too, have felt discomfort with my social role of being a woman, due to feeling excluded from the group of “women” because of all the media and social messaging encapsulating our world. I would even type things into Google like “How to cope with being female”, and the only thing that would come up as a result was advice on transitioning. That made me feel as if I SHOULD be a man. I started comparing myself to men, wishing that I were taller and shoulders broader, like theirs. I even called myself non-binary for a couple years. That’s NOT a good thing. The socially progressive movement created that algorithmic rabbit hole. That’s not a reason to deny my social role, which comes socially downstream from my biological sex. Since I have embraced being a woman as an *aspect classifier*, instead of a *group classifier*, I have alleviated my gender dysphoria. I embrace womanhood differently, *my way*—as individual aspects, not group conformity.

You have to embrace the way that you are. A certain degree of variance in gender presentation (gender diversity) is normal. Yes, I have certain masculine characteristics as a woman that I cannot get rid of. There's no real reason to change that, and to try to be a man!

Of course gender dysphoria causes immense suffering. That's an understatement. For transsexuals to achieve a better quality of life, they need to face gender dysphoria head-on and acknowledge it on its realm (the mental realm), instead of having a somatic approach to an existential form of suffering, that doesn't even work and prevents them from becoming the best version of themselves. Many trans people are still miserable after transitioning, and it's not because society treats them badly. Yes, when polled after transition, transsexuals SAY it makes them happier (of course they would, why wouldn't they?), but if you develop friendships with trans people, you know they are anything but, even after transition. Sure, many people report relief after transition, reminding us that social intervention can soothe symptoms even when causes lie elsewhere, but **is treating the symptom and not the root cause really the right thing to do?** While many report relief, lingering unhappiness in others suggests transition alone cannot address every dimension of alienation. ***Long-term*** Swedish cohorts show sex-reassigned persons had 19x higher suicide mortality vs. matched controls, even after adjusting for prior psychiatric issues. You can argue from this study that the suicidality rate is reduced, that's true, but becoming less suicidal (35x the suicidality of average person to 19x) from sexual reassignment results is not a solution. Trans people are still suicidal. On average, gays are also treated with ridicule, and they are not nearly as miserable as trans people are. Any "cisphobia" dodge ignores the root-cause thesis outlined above. Any attempt to disprove what I'm saying, would rely on cherry-picking short-term polls.

Furthermore, the philosophical groundwork not only for choosing to transition holds no real ground, but also trans identity itself. In this conversation, I am holding certain key values: long-term flourishing being better than short-term relief, unity of body and mind, and skepticism of techno-capitalist dependence. First, the philosophical groundwork for choosing to identify as trans RELIES on either a belief in mind/body dualism, or the belief that the mind takes precedence over the body. The notion that you were "born in the wrong body" and that somebody can "have the mind of a man" in the body of a woman, is impossible. The mind and body are one! The body comes first. We exist before becoming conscious. We have to start from that point of knowledge. The fact that mind and body are connected does NOT support transitioning as a choice. You're not restoring holistic unity by starting from your mind, to change the body. You're putting a thin veneer over the real problem, your perception of your body, due to social norms. By saying the mind and body are one, I'm not privileging one over the other. I'm saying consciousness emerges from embodiment, not the reverse. Altering perception, rather than the organism, best preserves that unity.

Starting with the body from a phenomenological standpoint not only makes more logical sense, but is also more beneficial to the individual. Transitioning is extremely expensive, and would put a financial strain on any of your other goals, makes you reliant on the pharmaceutical industry for the rest of your life, and detracts focus from any other goals you may have.

This holds even against bodily autonomy appeals. You can reply by saying "But what about 'bodily autonomy'? People can do whatever they want!". Yeah, people CAN do whatever they want, I'm just noting it has no philosophical or practical groundwork to stand on. Short-term quality of life gains that don't address the root cause of the problem pale in comparison to a mental and philosophical framework that optimizes for long-term fulfillment.

Civilization causes gender dysphoria. But most mistake civilization as a fact of life that has always and will always exist, which is simply not true. Hence, we have trans people trying to justify their identity by pointing at transsexual Roman emperors, which is simply not an argument. Roman emperors are not a great population to be looking towards for what should be considered healthy behavior anyways, considering all the crazy shit they were up to. Gender dysphoria is a problem of civilization, not human nature, in the same way narcissism or slavery is. Anarcho-primitivists are the **opposite** of discriminatory toward trans people. We want to get rid of the root cause of their suffering: civilization.

MOVING FORWARD

To address any counter-arguments, I have already distinguished between gender variance and gender dysphoria. The former is universal and benign, the latter arises when civilized mediation turns variance into chronic self-estrangement.

Of course indigenous 2 spirited people exist, or societies with more than two formal gender roles. That persistence of variance without pathology supports my claim: it is civilization's saturation with symbols, not difference itself, that turns variance into suffering. Could a leftist NAME an instance of gender DYSPHORIA in a hunter gatherer society? I'd gladly look at it. Leftists can cite 2-spirit "ritual distress" within Native-American *civilization* but can't prove *dysphoria* (distress + desire to change sex.) Try as hard as you might, but the proof is that hunter-gatherer societies didn't have people wanting to chop their dicks and tits off.

Ok, but trans people live within civilization. What should they do from this point onward? Attempt to stop consuming ALL forms media, which will be impossible for most, but will lead to a significant reduction in media consumed. Of course, with the exception of slow media like books, at least for a little while, and reintroduce it slowly back in until the point you deem healthy. The reason for this is that in-taking everybody's opinion 24/7, even if without face to face contact, causes the deep internalization of societal messaging I spoke about prior. Our current media diets cause oversocialization. It's like taking a break from all social media for 5 years (as I have done, and you don't have to go as far as me). Even when you re-download twitter, you don't get sucked into it the same way you did prior. You see it for what it really is: abstractions — symbols, roles, and technologies, and narratives — that estrange us from the body. Unresolvable somatic hatred is not a fact of life. Neither is depression. It just feels like it is when it's happening to you.

You can take your pills for now, but at least try this.

My argument isn't for or against anyone's choices; it's for clearer sight of the forces shaping them. If this helps even one person understand their pain more precisely, it's worth stating.

SOURCES:

Dhejne C, Lichtenstein P, Boman M, Johansson AL, Långström N, Landén M. *Long-Term Follow-Up of Transsexual Persons Undergoing Sex Reassignment Surgery: Cohort Study in Sweden*. PLoS ONE. 2011;6(2):e16885. Available at PMC.